



Top 9 List

Volume II

Now that you are armed with knowledge about mental health and addictions, here is a list of 9 action steps you can take to make a difference in the health of Hoosier women:

1. Host an INFLUence Women's Health Forum in your community and invite local women of INFLUence to join together in fighting the challenge of addiction. An online toolkit will be available to assist you at www.influence.in.gov.
2. Support legislative efforts that promote prevention and addiction treatment.
3. Recognize addiction to tobacco, alcohol, and other drugs as a public health disease and understand the connection between mental illness and substance abuse. Support Integrated Dual Diagnosis Treatment. A toolkit is available at www.samhsa.gov.
4. Learn to recognize the warning signs of addiction. If you know someone with an addiction, encourage them to contact the Indiana Tobacco Quit Line: 1-800-QUIT-NOW or the Federal Addictions Hotline: 1-800-662-HELP. If you are a health care provider, assess the signs and symptoms of addiction and refer your patients for help.
5. Empower youth to take action against addiction and encourage them to get involved at www.Voice.tv and www.indianasadd.org.
6. Support policies and practices that promote responsible alcohol consumption in all venues. Discourage binge drinking, identify designated drivers, host alcohol-free work and social functions, and never provide alcohol to minors.
7. Talk to your children and other youth about the dangers of alcohol use and abusing prescription and over-the-counter drugs. Educate yourself at www.theantidrug.com and www.timetotalk.org.
8. Assess current policies and resources available in your workplace that aid in dealing with and overcoming addictions. Use your influence to improve these policies and expand resources.
9. Contact 9 women you know, share the information you learned at the forum and ask them to complete the Top 9 List as well!

Thank you for taking action that will protect Hoosier women, their families, and generations to come from the devastating effects of addiction.

"Over the course of my career, I have seen the health of people from all walks of life severely affected by the sadness and pain of addiction to drugs, alcohol, and tobacco. Addiction destroys lives, shatters families and threatens the safety of our neighborhoods. We must work together to promote prevention efforts and create better access to treatment. As your state health commissioner, I ask that you make a personal commitment to once again use your influence and fight the challenge of addiction that causes suffering in so many lives."

For a Healthier Tomorrow

Judy Monroe, MD
State Health Commissioner



Office of Women's Health
Indiana State Department of Health